

Syrian Flatbread/Pita Bread

Teresa L Greenway all rights reserved worldwide

(Makes about five or six 8" flatbreads, 722 grams of dough total)

- **95 grams sourdough starter at 100% hydration**
- **144 grams water**
- **85 grams canned or scalded milk**
- **21 grams oil**
- **250 grams all-purpose flour**
- **119 grams whole grain flour**
- **8 grams salt**

By hand in a large mixing bowl or in a kitchen mixer, combine the starter, water, milk, oil all purpose and whole wheat flour. Mix until well combined and then cover and let rest one hour.

Add salt then mix or fold to incorporate the salt. Bulk ferment for 4 - 6 hours or until doubled. Divide the dough into 115-130 gram portions for an average size pita. Roll into balls and let rest for 5 - 10 minutes.

After resting, roll out the pieces of dough to about 1/4 inch thick. You can roll the dough in sesame seeds for flavor and appeal. Let the shaped dough proof for 30-40 minutes. Preheat your oven and baking stone to 500F/260C degrees one hour before your flatbread is ready to bake. Gently stretch the dough out slightly and plop the dough onto the top of the hot stone. Put the oven stone near the bottom of the oven.

Bake for 4 minutes on each side. The dough puffs up into a balloon after the first 4 minutes. If the flatbreads aren't soft enough bake on each side for less time. Serve cut in half for pita sandwiches or warm with butter.

Copyright 2017 The Baking Network

<https://thebakingnetwork.com/>